Celery leaves has high content of vitamin A, whilst the stems are an excellent source of vitamins B1, B2, B6 and C with rich supplies of potassium, folic acid, calcium, magnesium, iron, phosphorus, sodium and plenty essential amino acids.

Nutrients in the fibre are released during juicing, aiding bowel movements. The natural organic sodium (salt) in celery is very safe for consumption, in fact is essential for the body.

Celery has always been associated with lowering of blood pressure. When combined with other juices, it provides different formula that helps other conditions.

Pumpkin is an excellent source of fiber; one-half cup serving contains 5 grams of fiber. Fiber helps reduce bad cholesterol levels, protect the body against heart disease, control blood sugar levels, promote healthy digestion, and plays a role in weight loss.

The [vitamin C](http://www.medterms.com/script/main/art.asp?articlekey=12420) in pumpkin boosts immunity, reduces the risk of high blood pressure and heart disease, and regulates cholesterol levels. Pumpkin is also a good source of [vitamin E](http://www.whfoods.com/genpage.php?tname=nutrient&dbid=111#function) which promotes healthy skin by protecting the body from sun damage and may reduce the risk of Alzheimer's disease and certain cancers.

The potassium found in pumpkin aids in balancing fluid levels in the body, promotes strong bones, is necessary for energy production, and helps to control blood pressure. Pumpkin is also rich in magnesium, which aids the body in hundreds of functions, including promoting a healthy immune system, contributing to bone strength, and normalizing heart function. Pantothenic acid or vitamin B5 is also found in pumpkin. Vitamin B5 help balance hormone levels and [manage stress](http://www.suite101.com/content/managing-stress-with-a-healthy-diet-a108795).